

[BUTTERNUT SQUASH HEALTHY RECIPES](#)



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Butternut squash adds distinct flavor (and color) to this satisfyingly cheesy dip. To make it vegetarian, sub vegetable stock for the chicken stock. If you prefer, you can roast a halved, seeded butternut squash at 350 for 45 minutes or until soft. Scoop 10 ounces of flesh, and use in place of the puree.

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Skip the roasting in this butternut squash soup recipe and let your slow cooker do the work instead. Just load up all the ingredients into the crock pot, set it and forget it for an easy, healthy dinner or packable lunches.

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Simple Roasted Butternut Squash Recipe Allrecipes com

Toss butternut squash with olive oil and garlic in a large bowl. Season with salt and black pepper. Arrange coated squash on a baking sheet. Roast in the preheated oven until squash is tender and lightly browned, 25 to 30 minutes.

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